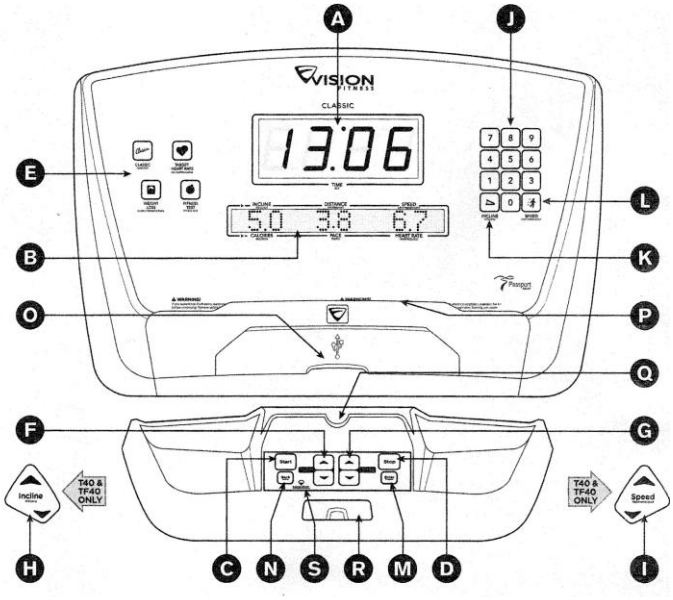
TREADMILL

Vision Fitness

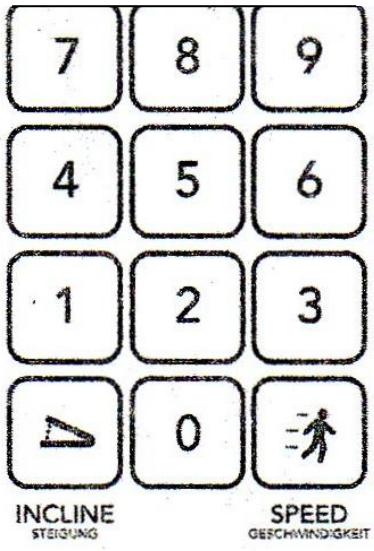
Classic Console TF40

CLASSIC CONSOLE OPERATION



A) LARGE LED DISPLAY WINDOW - displays workout time
B) ALPHANUMERIC DISPLAY WINDOW – displays incline, distance, speed, calories, pace, workout profile and heart rate.
C) START – press to begin exercising, start your workout or resume exercising after a pause.
D) STOP – press to pause your workout. Press STOP to end workout.
E) PROGRAM KEYS – press to select your workout
F) INCLINE ▲ ▼ KEYS - used to adjust incline in small increments (0.5% increments)
G) SPEED ▲ ▼ KEYS – used to adjust speed in small increments (0.1 km/h / 0.1mph increments)
H) INCLINE TOGGLES - used to adjust incline in small increments (0.5% increments)
I) SPEED TOGGLES - used to adjust speed in small increments (0.1 km/h / 0.1mph increments)
J) QUICK ADJUST KEYPAD – used to reach desired speed or incline more quickly
K) SET INCLINE KEY – used to change incline to level entered into keypad
L) SET SPEED KEY – used to change speed to level entered into keypad
M) ENTER / CHANGE DISPLAY KEY - press to confirm programming selections during workout setup. Press to change display feedback during workout.
N) BACK – press to go back to the previous step during setup.
O) USB PORT ACCESS POCKET
P) READING RACK – holds reading material.
Q) MEDIA PLAYER HOLDER – holds your media player of tablet
R) SAFETY KEY POSITION – enables treadmill when safety key is inserted.
S) ENERGY SAVER LIGHT – indicates if the machine is in energy saver mode. Press any key to wake up the machine.

QUICK ADJUST KEYPAD (J)

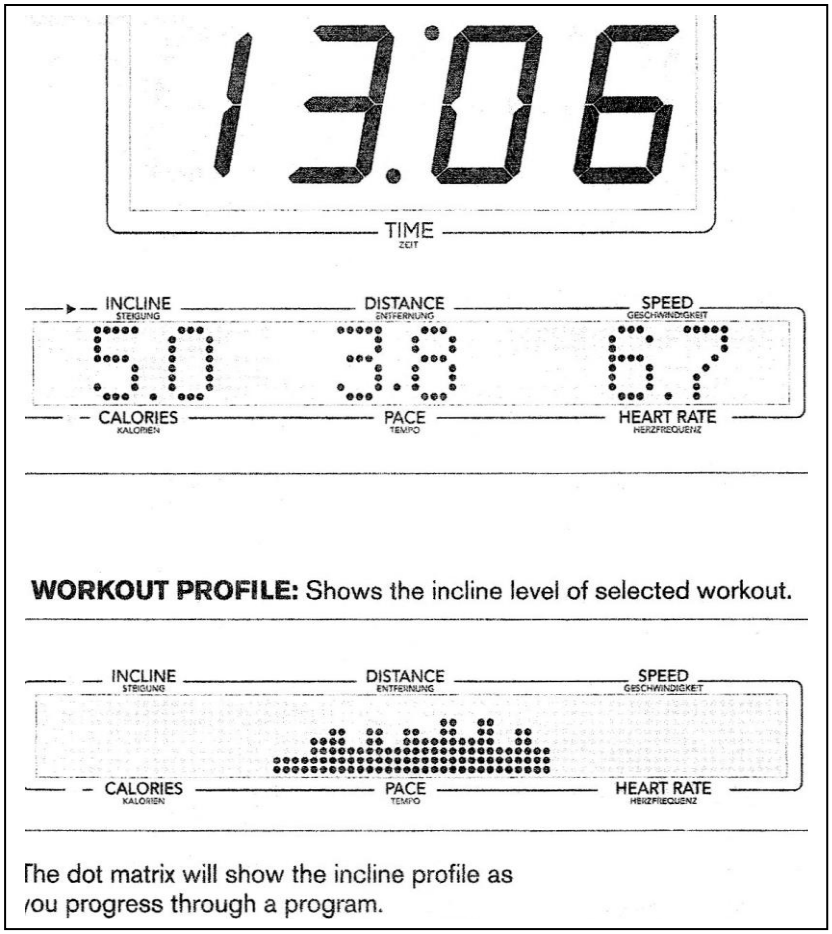


Quickly access any speed or incline level by typing the number and pressing SPEED or INCLINE. Examples;

- The change the speed to 6.5km/ph or mph press 6-5-SPEED.
- To change the incline to 10% press 1-0-0-INCLINE. (note: if there is no decimal point you still must enter 0)

CLASSIC DISPLAY WINDOW

- TIME – shown as minutes: seconds. View the time remaining or the time elapsed in your workout.
- INCLINE – shown as percentage. Indicates the incline of your walking or running surface.
- SPEED – shown as km/h or mph Indicates how fast your walking or running surface is moving.
- CALORIES – total calories burned or calories remaining to burn during your workout.
- PACE – Indicates how many minutes it takes to complete a kilometre or mile while running or walking at your current speed.
  For example: if at your current speed it will take you 10 minutes to complete a kilometre or mile, the treadmill will display '10.0' as your pace.



- HEART RATE – shown as BPM (beats per minute). Used to monitor your heart rate but only displayed when contact is made with both pulse grips.

GETTING STARTED

1. Check to make sure there are no objects placed on the belt that will hinder the movement of the treadmill.
2. Make sure the machine is switched on.
3. Stand on the side rails of the treadmill
4. Attach the safety key clip to any part of your clothing making sure it is secure and will not become detached during operation.
5. Insert the safety key into the safety keyhole on the console.
6. You have two options to start your workout :

A) QUICK STARTUP
Simply press the START key to begin working out. Time distance and calories will all count up from zero … or

B) SELECT A PROGRAM
   1) Select USER GUEST using ▲ ▼ and press ENTER to confirm
   2) Set age & weight using ▲ ▼ or the keypad and press ENTER to confirm
   3) Select a program using the PROGRAM KEYS and press ENTER to confirm
   4) Complete the program setup using ▲ ▼and press ENTER to confirm
   5) When setup is complete, press START to begin your workout.

FINISHING YOUR WORKOUT

When your workout is complete the display will flash "WORKOUT COMPLETE" and beep. Your workout information will stay on the display console for 30 seconds and then reset.

TO CLEAR SELECTION / RESET THE CONSOLE

Hold STOP key for 3 seconds.

PROGRAM INFORMATION

MANUAL – a workout that allows you to manually adjust the machine at any time.

INTERVALS – an incline based workout that automatically adjusts the incline of the machine at regular intervals.

Intervals - Program Segments Repeat						
Incline	Warm Up		1	2	Cool Down	
Time	4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	2.0	3.0	4.0	8	3.0	2.0
Level 5	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	2.5	3.5	4.5	9	3.5	2.5
Level 7	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	3.0	4.5	6.0	10.0	5.0	3.0

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate

max HR = 220 – your age

The age based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training.

The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test.

If you are over the age of 40, overweight, have been sedentary for several years or have a history of heart disease in your family clinical testing is recommended.

This chart gives examples of heart rate range for a 30 year old exercising at 5 different heart rate zones. For example a 30 year olds max HR is 220 – 30 = 190 BPM and 90% max HR is 190 x 0.9 = 171 BPM.

Target Heart Rate Zone	Workout Duration	Example THR (age 30)	Your THR	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

TARGET HEART RATE

Automatically adjusts incline to maintain your target heart rate, perfect for simulating the intensity of your favourite sport or everyday activity. Time based goal

1. Select TARGET HEART RATE and press ENTER
2. Select TIME using ▲ ▼ and press ENTER
3. The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (with help from the chart above) using ▲ ▼ and press START to begin the program.

Notes ;

- Target heart rate is selected in multiple of 5 beats
- The long LED dot matrix window displays your heart rate during exercise. When incline or speed change, they will be displayed briefly before changing back to heart rate.
- There is a 4 minute warm up built into this program.
- After 4 minutes the speed will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change speed levels up or down. (contact must be made with both pulse grips)
- If your heart rate is 25 beats over the target zone the program will shut down.

PROGRAM INFORMATION (cont.)

WEIGHT LOSS – promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and incline changes, segments repeated every 30 seconds.

Weight Loss - Program Segments Repeat													
Segment		Warm Up	1	2	3	4	5	6	7	8	Cool Down		
Time		4:00 MIN	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	30 SEC	4:00 MIN		
Level 1	Speed (km/h)	1.6	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4	3.68	2.4
	Speed (mph)	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
Level 2	Speed (km/h)	2.08	3.04	4	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.16	2.88
	Speed (mph)	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
Level 3	Speed (km/h)	2.4	3.68	4.8	5.6	6.4	7.2	8	7.2	6.4	5.6	4.8	3.2
	Speed (mph)	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
Level 4	Speed (km/h)	2.88	4.16	5.6	6.4	7.2	8	8.8	8	7.2	6.4	5.44	3.68
	Speed (mph)	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
Level 5	Speed (km/h)	3.2	4.8	6.4	7.2	8	8.8	9.6	8.8	8	7.2	6.08	4
	Speed (mph)	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
Level 6	Speed (km/h)	3.68	5.44	7.2	8	8.8	9.6	10.4	9.6	8.8	8	6.56	4.48
	Speed (mph)	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
Level 7	Speed (km/h)	4	6.08	8	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
	Speed (mph)	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
Level 8	Speed (km/h)	4.48	6.56	8.8	9.6	10.4	11.2	12	11.2	10.4	9.6	7.84	5.28
	Speed (mph)	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
Level 9	Speed (km/h)	4.8	7.2	9.6	10.4	11.2	12	12.8	12	11.2	10.4	8.48	5.6
	Speed (mph)	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
Level 10	Speed (km/h)	5.28	7.84	10.4	11.2	12	12.8	13.6	12.8	12	11.2	8.96	6.08
	Speed (mph)	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8
	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0

FITNESS TEST PROGRAM – a workout based on the Gerkin protocol. This test has various stages increasing treadmill speed and incline until your maximum heart rate is reached. Your score is based on gender, age and time needed to complete the test.

- WARM UP – 3 minutes long at 1.6 – 4.8 km/h or 1.0 – 3.0 mph and 0% incline
- STAGE 1 – 1 minute long at 7.2 km/h or 4.5 mph and 0% incline
- STAGE 2 – 1 minute long at 7.2 km/h or 4.5 mph and 2% incline
- STAGE 3 – 1 minute long at 8.0 km/h or 5.0 mph and 2% incline
- STAGES 4 to 15 – after every odd minute the incline will increase by 2%. After every even minute the speed will increase by 0.5 mph (0.8km/h). Once the users heart rate exceeds the target heart rate (85% of maximum as determined by the equation [220-age] x [0.85] = target heart rate, the evaluation ends and the final evaluation stage is recorded.
- COOL DOWN – the test is completed when the users heart rate exceeds the target or the user completes all 15 stages, whichever occurs first. The treadmill will then enter cool down for 3 minutes.

Note: changing the speed or incline during the test will end the test and enter cool down. Press stop to end the test at any time and see results.

FITNESS TEST SCORES (Estimated V02 MAX (ML/KG/MIN) per age category)

MEN		AGE			
	Percentile	20-29	30-39	40-49	50-59
EXCELLENT	99	> 58.8	> 58.9	> 55.4	> 52.5
	95	54.0	52.5	50.4	47.1
GOOD	90	53.9	52.4	50.3	47.0
	80	48.2	46.8	44.1	41.0
AVERAGE	70	48.1	46.7	44.0	40.9
	60	44.2	42.4	39.9	36.7
FAIR	50	44.1	42.3	39.8	36.6
	40	41.0	38.9	36.7	33.8
POOR	30	40.9	38.8	36.6	33.7
	20	37.1	35.4	33.0	30.2
VERY POOR	10	37.0	35.3	32.9	30.1
	5	31.6	30.9	28.3	25.1

WOMEN		AGE			
	Percentile	20-29	30-39	40-49	50-59
EXCELLENT	99	>53.0	>48.7	>46.8	>42.0
	95	46.8	43.9	41.0	36.8
GOOD	90	46.7	43.8	40.9	36.7
	80	41.0	38.6	36.3	32.3
AVERAGE	70	40.9	38.5	36.2	32.2
	60	36.7	34.6	32.3	29.4
FAIR	50	36.6	34.5	32.2	29.3
	40	33.8	32.3	29.5	26.9
POOR	30	33.7	32.2	29.4	26.8
	20	30.6	28.7	26.5	24.3
VERY POOR	10	30.5	28.6	26.4	24.2
	5	25.9	25.1	23.5	21.1